

# What is the relationship between eating frequency and body weight? (DGAC 2010)

## Conclusion

Evidence is insufficient to determine whether frequency of eating has an effect on overweight and obesity in children and adults.

## Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between eating frequency and adiposity in children?](#)

 [What is the relationship between eating frequency and body weight in adults?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between eating frequency and body weight?](#)